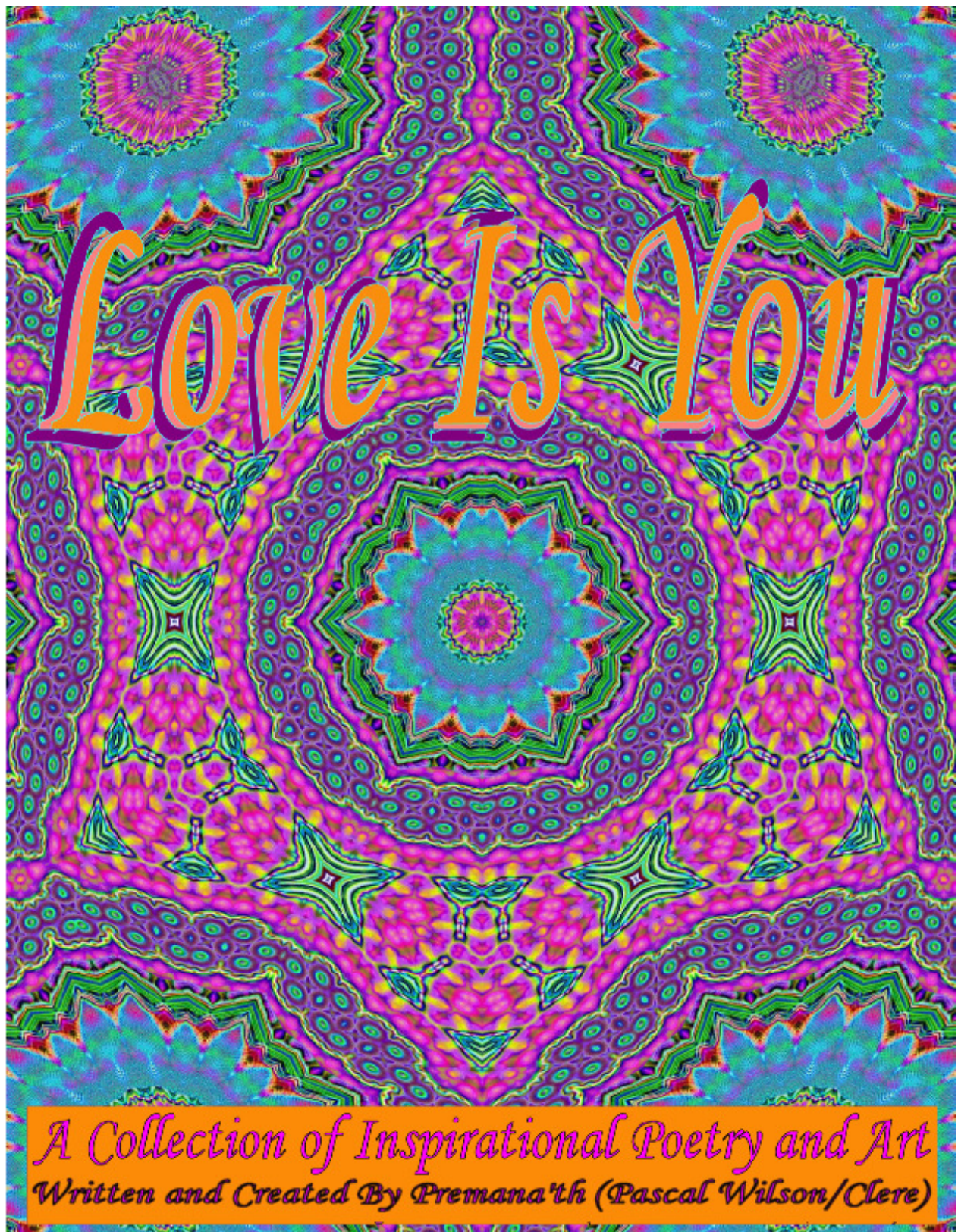




A Collection of Inspirational Poetry and Art
Written and Created By Premana'th (Pascal Wilson/Clere)

Love

Is

You

Created and Written By Premana'th (Pascal Wilson)

*This book is dedicated to The Great Universal Mother/Father Spirit
manifested as all Beings everywhere throughout all the infinite material and
spiritual dimensions of existence.*

Dear Blessed Self,

These mandalas/yantras and words/incantations are created to bring about a change in perception/consciousness through reflection on the written word and appreciation of color, form and symmetry. As a child I was always fascinated by the natural world. I would take notice how perfect and complex everything appeared to be especially plants. The way all the flowers and plants had perfection in the arrangement of their petals and leaf structure and their wide arrangement of color and form. I would see how it was so miraculous how this unseen energy/momentum we call life knew which colors to make each flower what form to give one thing and another form to another, everything was all in its self unique and all having complete purpose. I realized that everything this energy calls into being is never inherently useless! Every unique perspective and form is here on purpose. To my young and exploring eyes I could see that all life everywhere was like a massive work of art, an enormous expression of some kind, colors and textures placed just right to attract the eyes of all who gaze upon it and make us say, "wow". The more I looked around the more I was amazed by an unseen energy that created the most beautiful work of art we know as life. As I grew up and became old enough to read I found that words were in themselves a type of painting but not of a visual quality but of a mental one. In my mind I could reflect on them, these thoughts became works of art also, this allowed me to use my imagination. I realized that I could create any reality with words and my mind was the canvas on which these words would come to life just as thoughts in our day comes to life in the dream state when we sleep. And so this was the birth of my love of writing and art. With these two mediums I could create my own version of reality and not like the dream I could clearly share my creations with the world. And so this is the inspiration for this book, I hope that this work brings about a great drive of inspiration to all who read the words and see these mandalas/yantras. Through visualization and reflection we can change our world to be a balanced, healthy and conscious living planet.

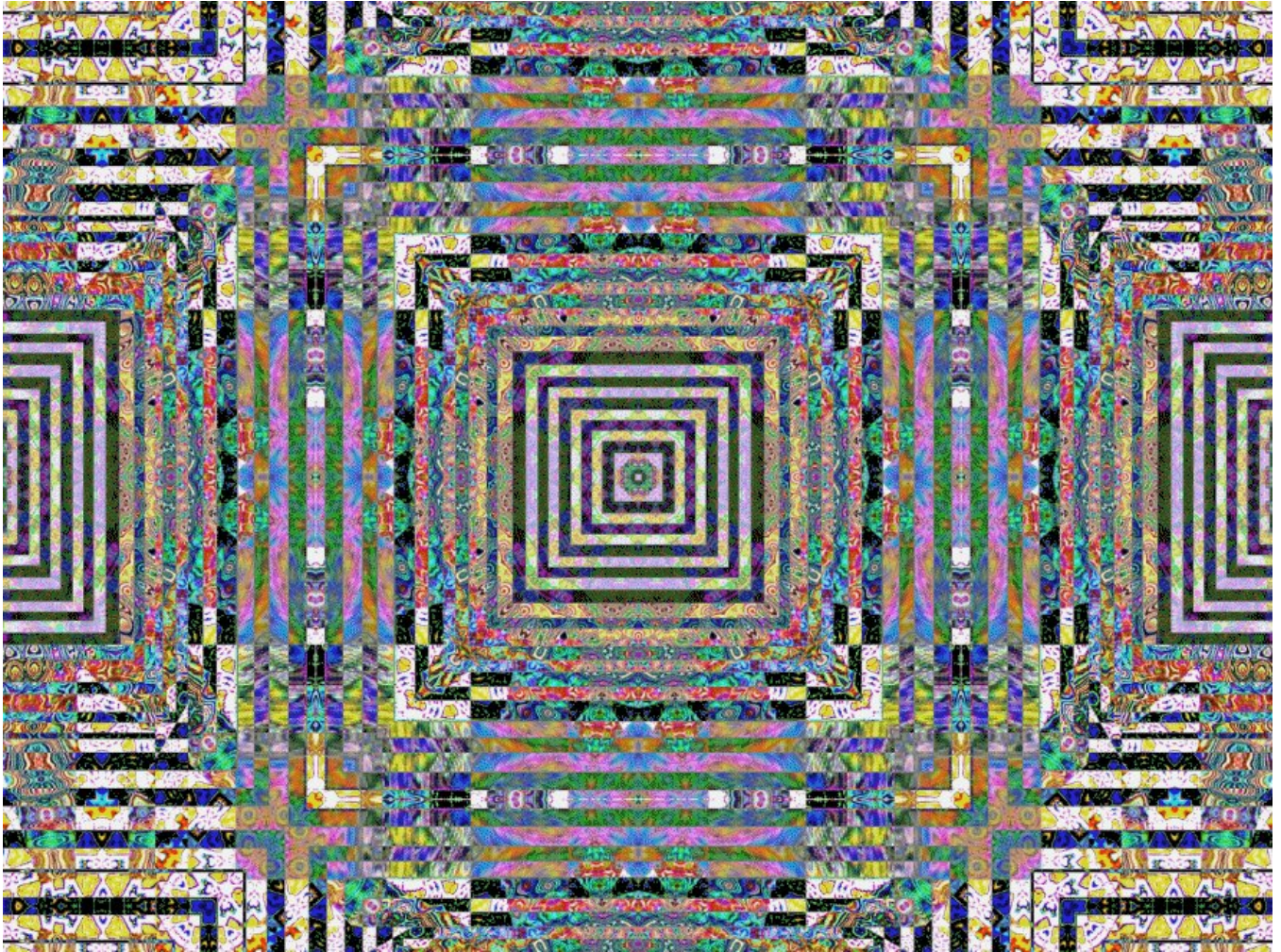
Divine Love and Light to all, Om! Om! Om! Premana'th



<i>Water</i>	<i>Air</i>	<i>Earth</i>	<i>Fire</i>
<i>Cleansing</i>	<i>Breath</i>	<i>Bringer</i>	<i>Warmth</i>
<i>Giving</i>	<i>Breeze</i>	<i>Grounding</i>	<i>Light</i>
<i>Cooling</i>	<i>Refreshing</i>	<i>Giver of Life</i>	<i>Growth</i>
<i>Loving</i>	<i>Mover</i>	<i>Nurturing</i>	<i>Redemption</i>
<i>Sister</i>	<i>Brother</i>	<i>Mother</i>	<i>Father</i>
<i>Ether</i>			
<i>Supporter</i>			
<i>Expanse</i>			
<i>Creator</i>			
<i>Spirit</i>			

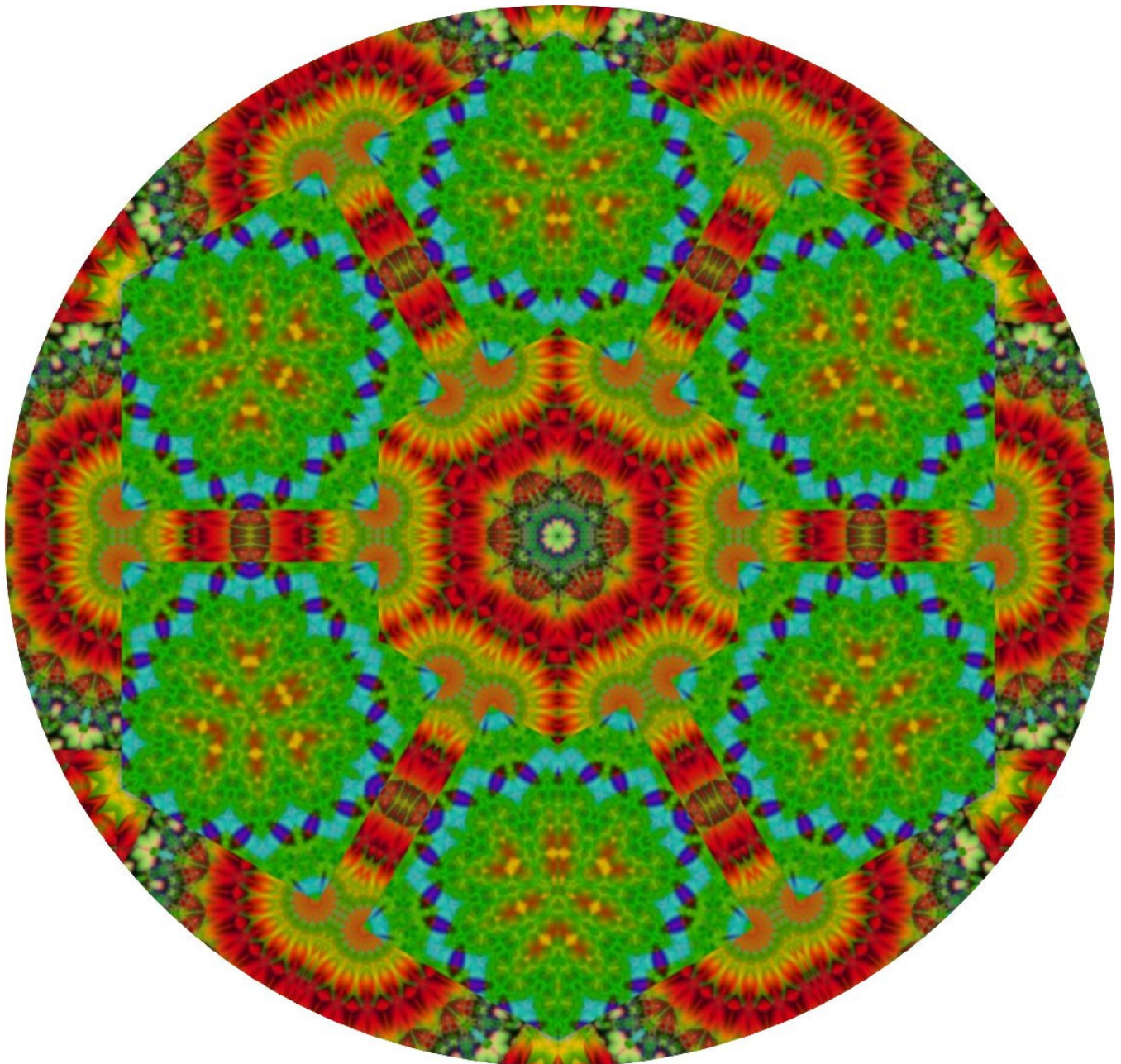


*Listen to your heart,
Within this space,
Is our true essence,
Our cause, our real self,
Waiting to be of service,
Yearning to help us,
Reaching for the light,
To shine brightly to all,
Our infinite possibilities,
The universal love,
Waiting to pour forth,
And touch all beings everywhere,
To bring us deliverance from all suffering.*



A VISION OF GLOBAL PEACE

*Release the ego allow it to flow away,
Visualize it turning into a flower,
Where humming birds come for the nectar,
Then see the flower wither in the frost of late fall,
See the ego as this dying flower becoming soil,
Then see spring come and a tree appearing where the flower once stood,
Then see this tree turning into a vast forest where many beings live in peace,
See that the ego was transformed into many trees, many happy beings,
See here that these beings share the shelter of this great forest,
Notice the many birds, which take nourishment from the fruits that grow forth,
Realize that this great obstacle we thought impossible to control,
Transform into a vast space of community, sharing a thriving forest all in unison,
Even we can see this ego as not an unmovable force that can be overbearing,
It too can be made into a positive energy where it no longer does harm but creates life....*



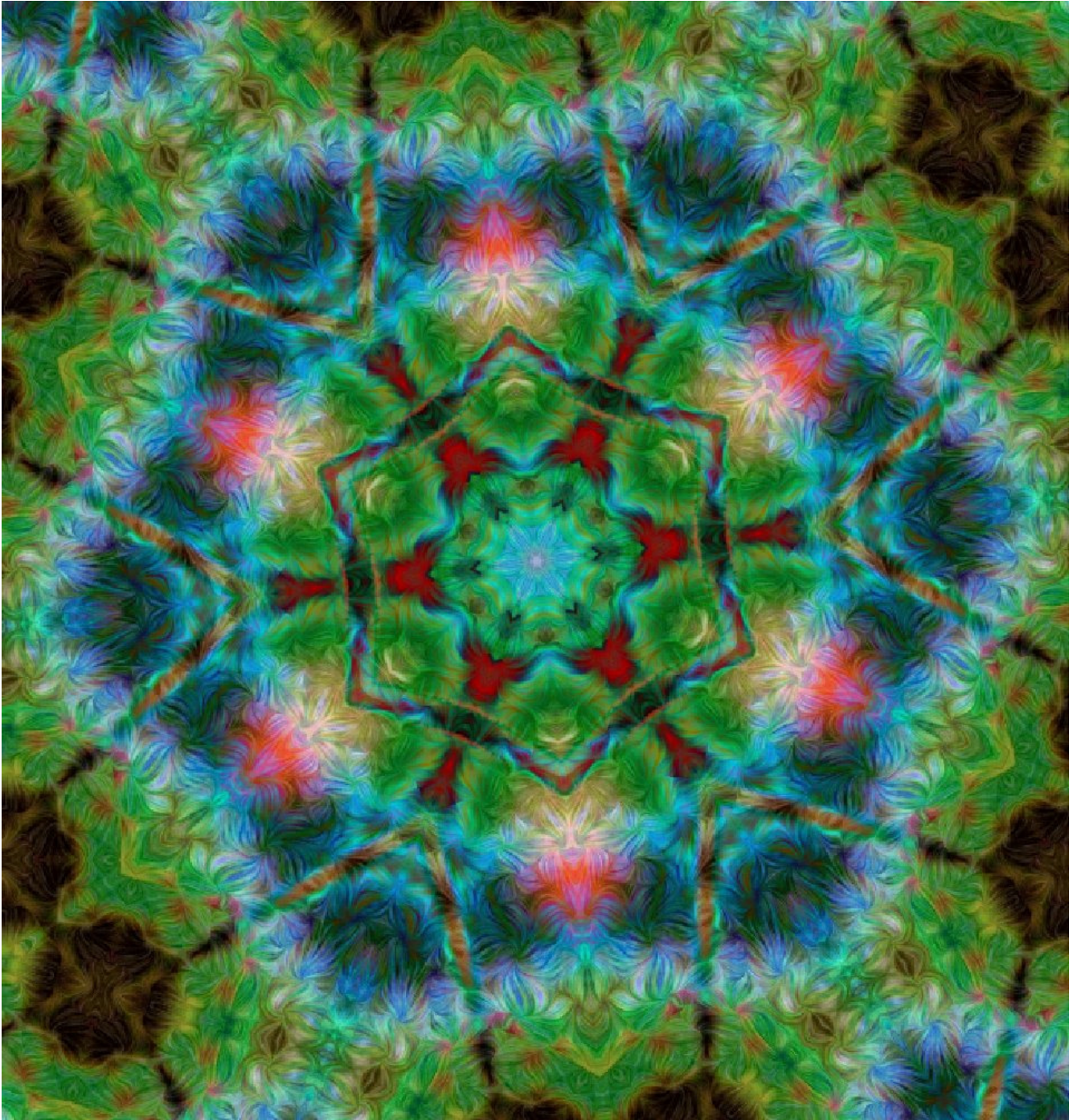
*Realization,
Is remembering,
Who we all are,
One universe,
Experiencing this life,
In our unique perspective,
We see that we are all beings,
All together one,
Infinite consciousness.*



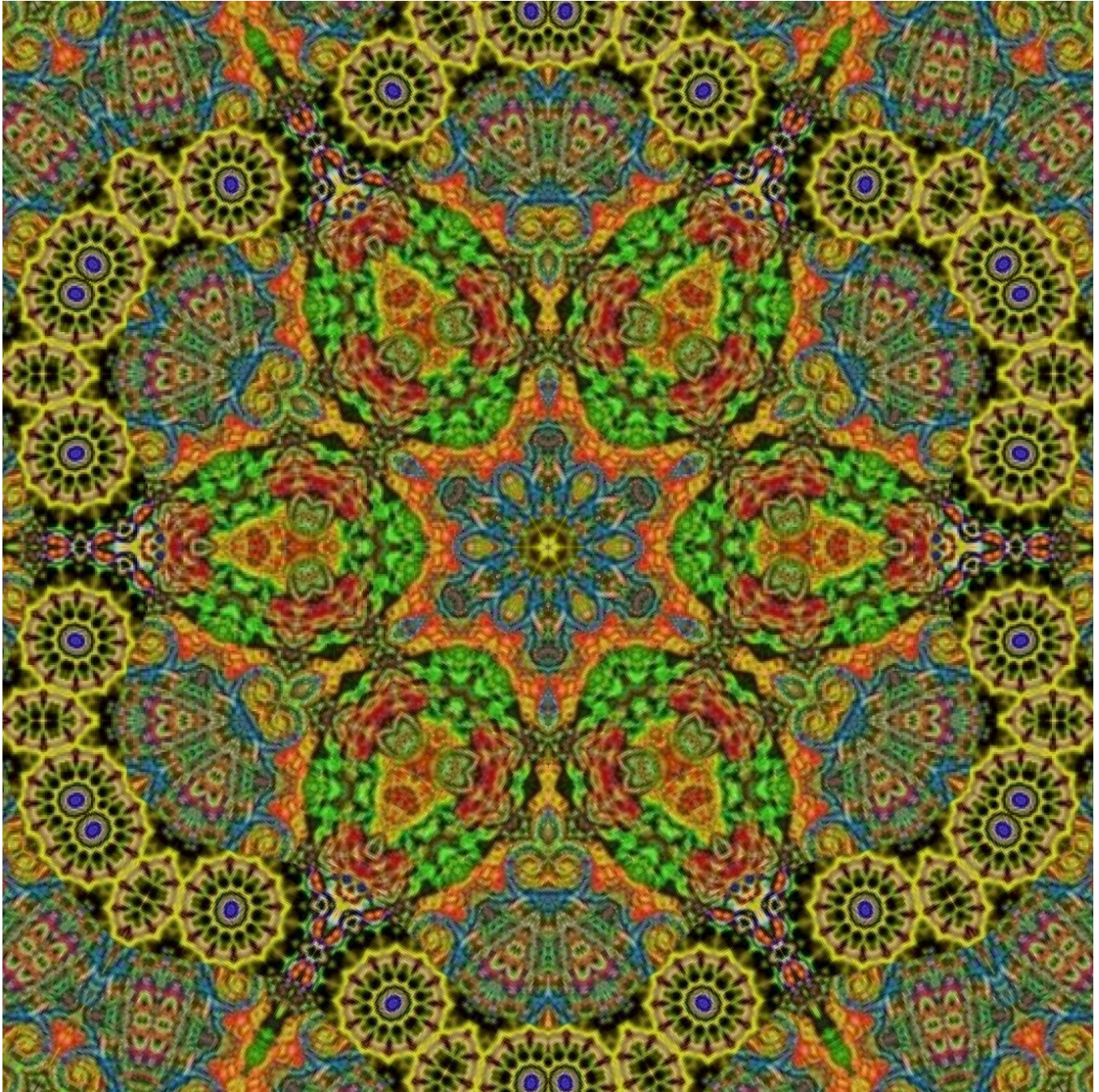
*All these forms seem to be different,
But everything is really five,
Aspects of one "thing" which is,
Really consciousness pretending,
To be the countless many,
Which we perceive as endless variety,
But variety and countless are just,
An illusion to trick us into,
Believing that we are separate forms with unique perspective,
Though the many eyes of life,
See the single vision,
Which is a silent witness,
From our body we see separation,
Yet the many are really one...universal.....being.*



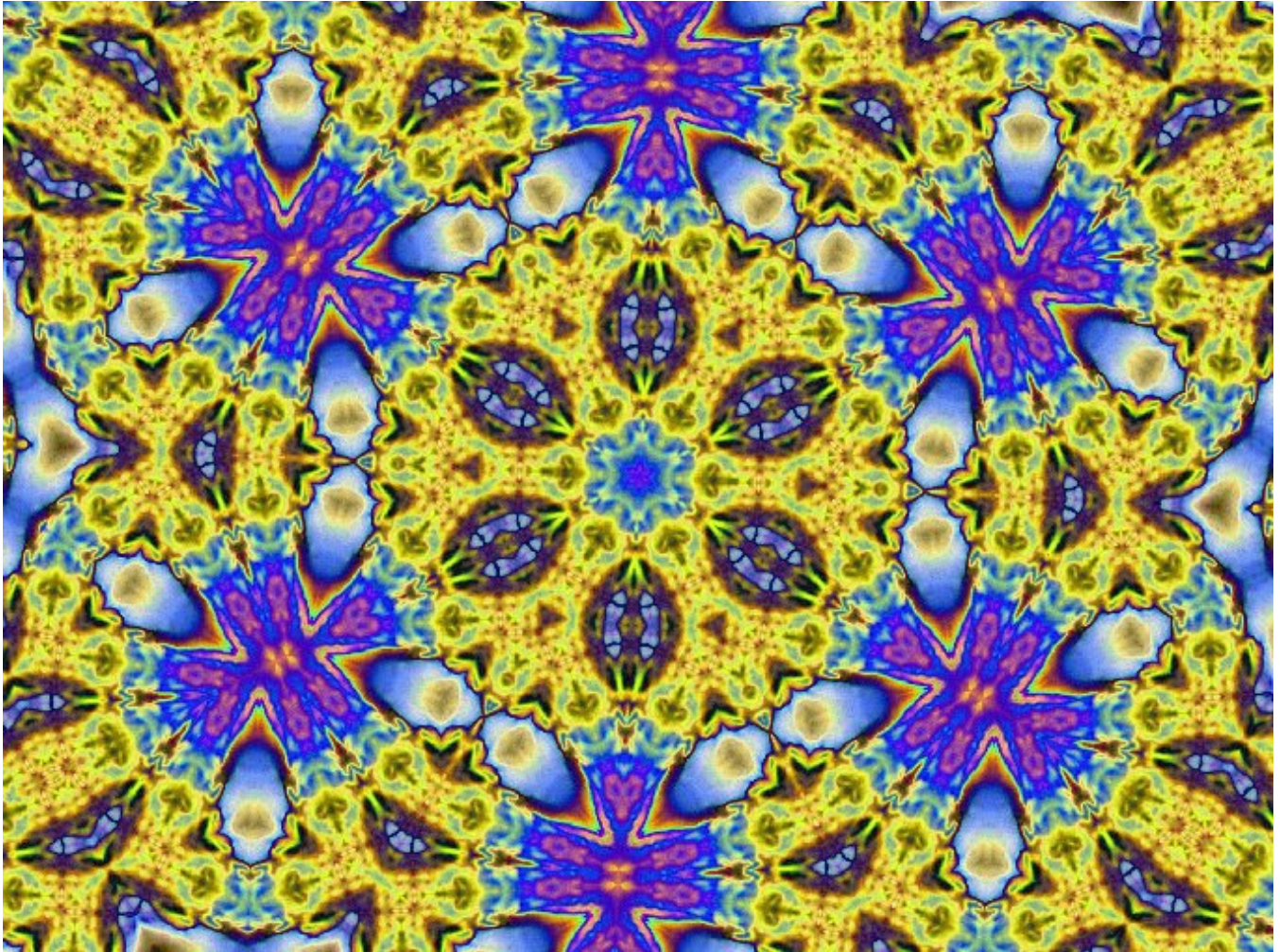
*Our lives are the dream,
We see this life coming out of the earth,
Everything that is in our awareness,
Was once just a dream in the mind of the universe we are,
A dream became our reality,
We are all the thoughts of what if,
We are that we are this,
We are the multi-forms of the vast expanse,
We are the water that is the rain,
We are the rain that is the ocean,
We are this ocean that is the blood of life,
We are all the life that is everywhere,
Everywhere we are the many expressions of the one,
Oneness everywhere is all we are,
Many forms everywhere full of color and light,
We all rejoice in our dream of being a universe.*



*We hear the birds rejoice and sing oh glorious life,
The song of life in the paradise,
Our beautiful mother earth,
She too sings the great song of Om,
With her love she sings the lullaby to her sweet children everywhere,
We all realize her love in the way she is always giving,
Each life we live she is always our beautiful gentle mother singing the song of life.*



*We awaken into the new day
We sit and reflect on our life,
We realize the miracle,
Once again we find our self here in this body,
We rejoice and give thanks to the great mother universe,
Oh great mother of all we sing out to you,
Thank you so much for your love and patience,
Today I realize I am loved and needed because you bring me back to try again.*



*All that is,
All that ever has been,
And all that ever shall be,
Is you,
You are everything,
All forms,
All eyes,
All the ears,
Every mouth,
All the noses,
Every hand feeling all,
You are every thought,
You are every wish,
The dreamer and the dream,
The cause of all.*



*She is the Great Universal Mother, who carries us all in her womb,
She nurtures us all with her undying love and compassion,
In her are all the females of all beings throughout the vast universe,
She keeps a watchful eye on us all,
Never resting always working to keep her children safe and happy,
She is the Great Mother Spirit!
Oh Great Mother Spirit I give all that I am to you!
I serve you through all Mothers everywhere.*



*The creative energy of this universe,
Is free of gender classification,
In this way of being there are no dividing lines,
Creation just is,
No need to put a name on the cause of everything,
Names only confuse and separate,
Which is the only cause of all the indifference everywhere,
This unifying aspect can be the liberator of all,
The creation is the creation, is just creation,
In all its infinite expressions of being,
All aspects of the one we realize as this creative energy,
This infinite consciousness.*



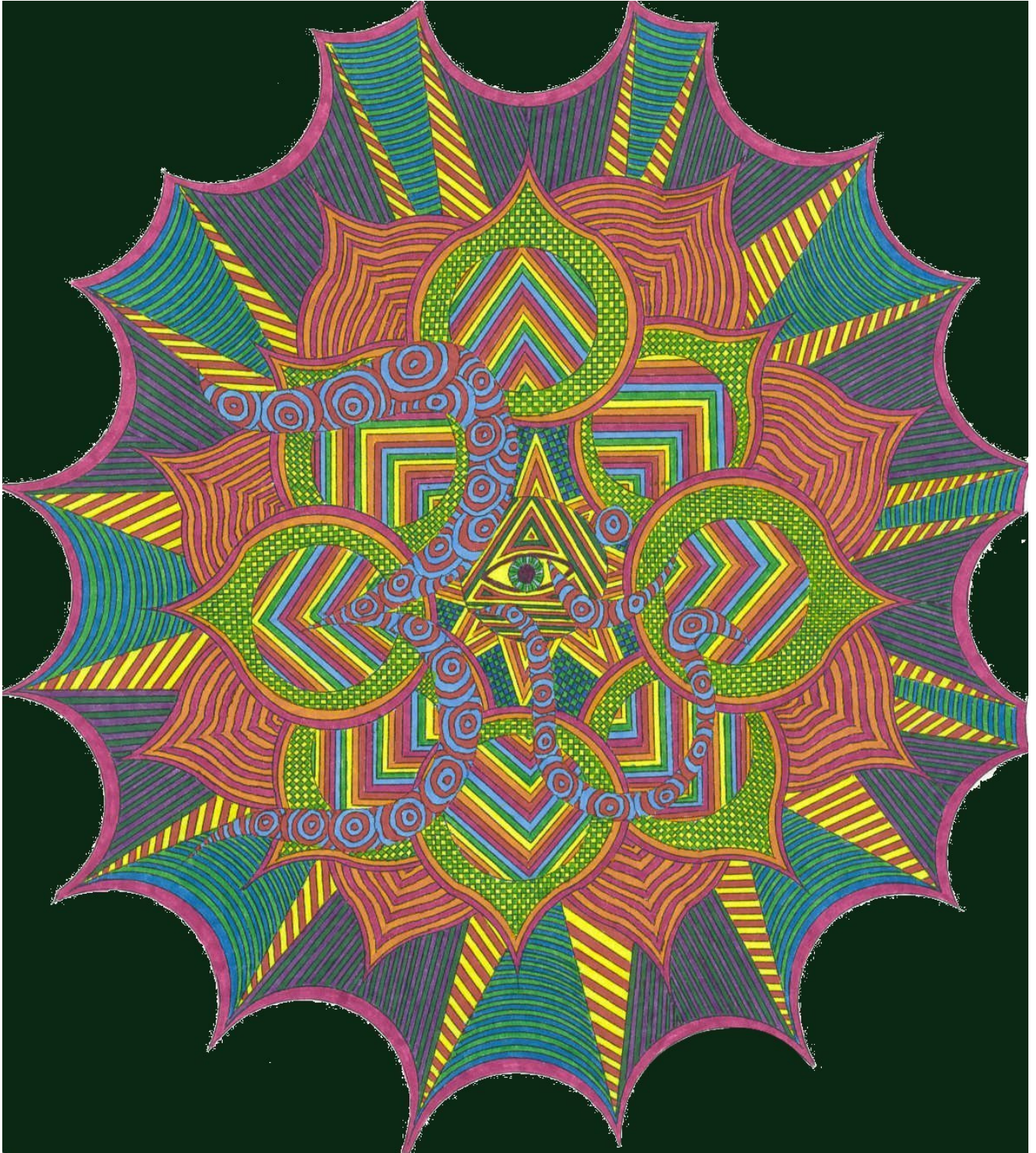
*Separation is the illusion that keeps us all in the dark,
Just as every line in this mandala seems to be separate,
If you remove it the mandala would not be complete,
There would be an empty void where there should be a line,
The mandala is complete with all its "parts",
So too are we all part of the mandala of this creation,
Every being in this creation is "part" of the greater whole,
Remove it and the whole is not complete,
All creation is just as important as any other,
In reality there is no "other" and there are no "parts",
All there is is one complete creation.*



*Take notice of the symmetry through out the universe,
See it in every leaf,
Realize the perfection of all forms that are life,
Understand the underlying aspect of pure logic,
Which is the foundation of all life,
The pure intent of proper function everywhere,
As if it is all created with intelligence,
See that this is the same intelligence that is in your own mind,
Realize that this intelligence is the intelligence of the creative energy,
There are many names given to "it",
"It" is the universal mind at work,
Which is the cause of even our noticing that there is logic behind it,
This is the universe realizing it's self through our "own" consciousness,
In this way we realize that we are this intelligence, we are this creation.*



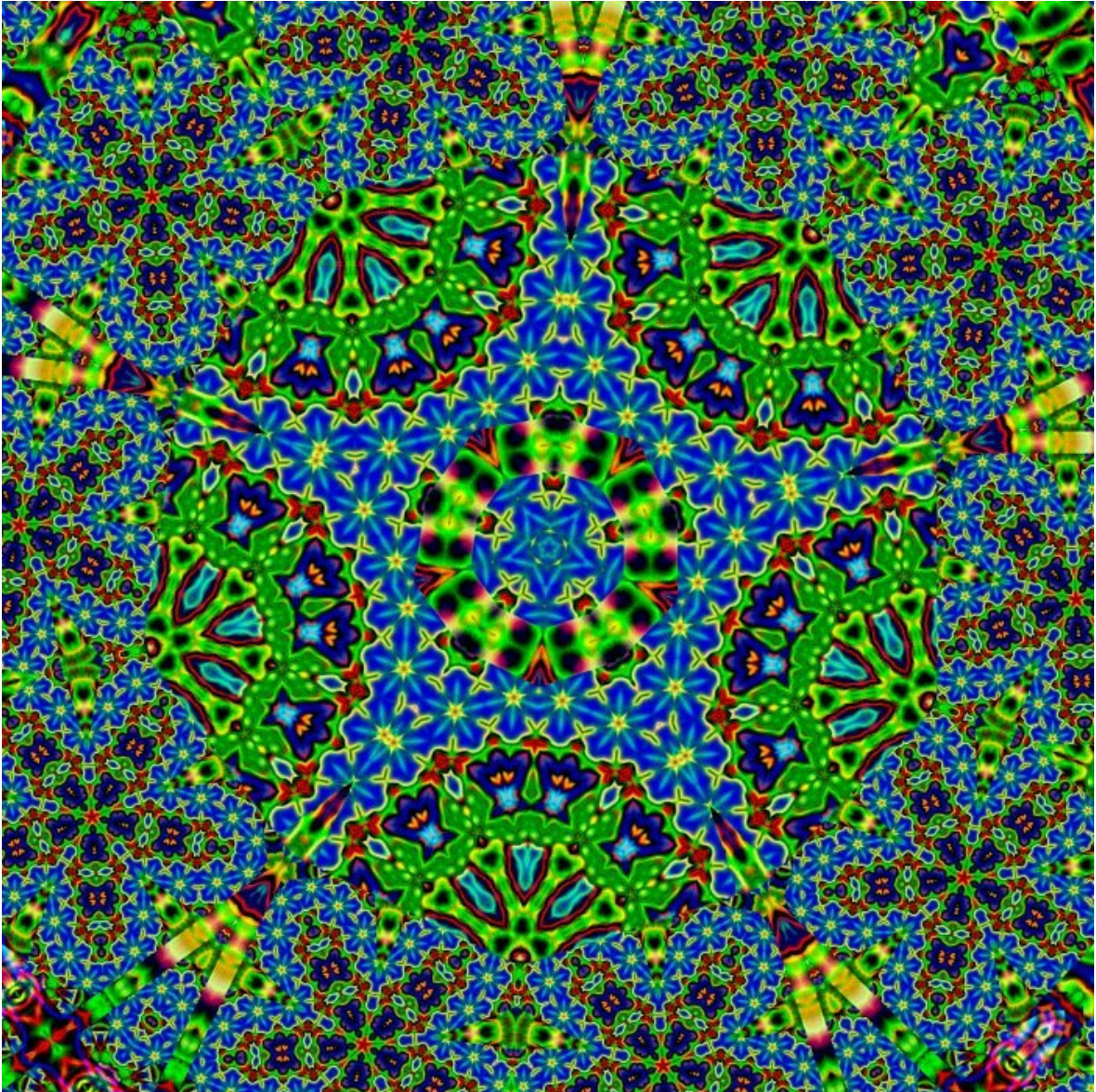
*The great star we know as the sun is really our father,
It is the cause of the planets,
From the one come the many,
Which make up our solar system of planets and moons,
Our great father keeping us warm and giving life to our little planet,
In this way we realize that our cosmic parents are always so very close,
Mother Earth, Father Sun and our Sister Moon,
Keeping the perfect balance that allows us to exist,
We are so blessed to have such a close relationship with our cosmic family,
So we are never really alone,
Even in those times when we feel we are lonely we just have to look around,
And realize that we are not at all alone our relatives are very close to us all.*



*We are all the vibration of OM,
All the sounds of the universe sing in unison,
With one voice we all sing the universal syllable,
Together as one family we sing OM.*



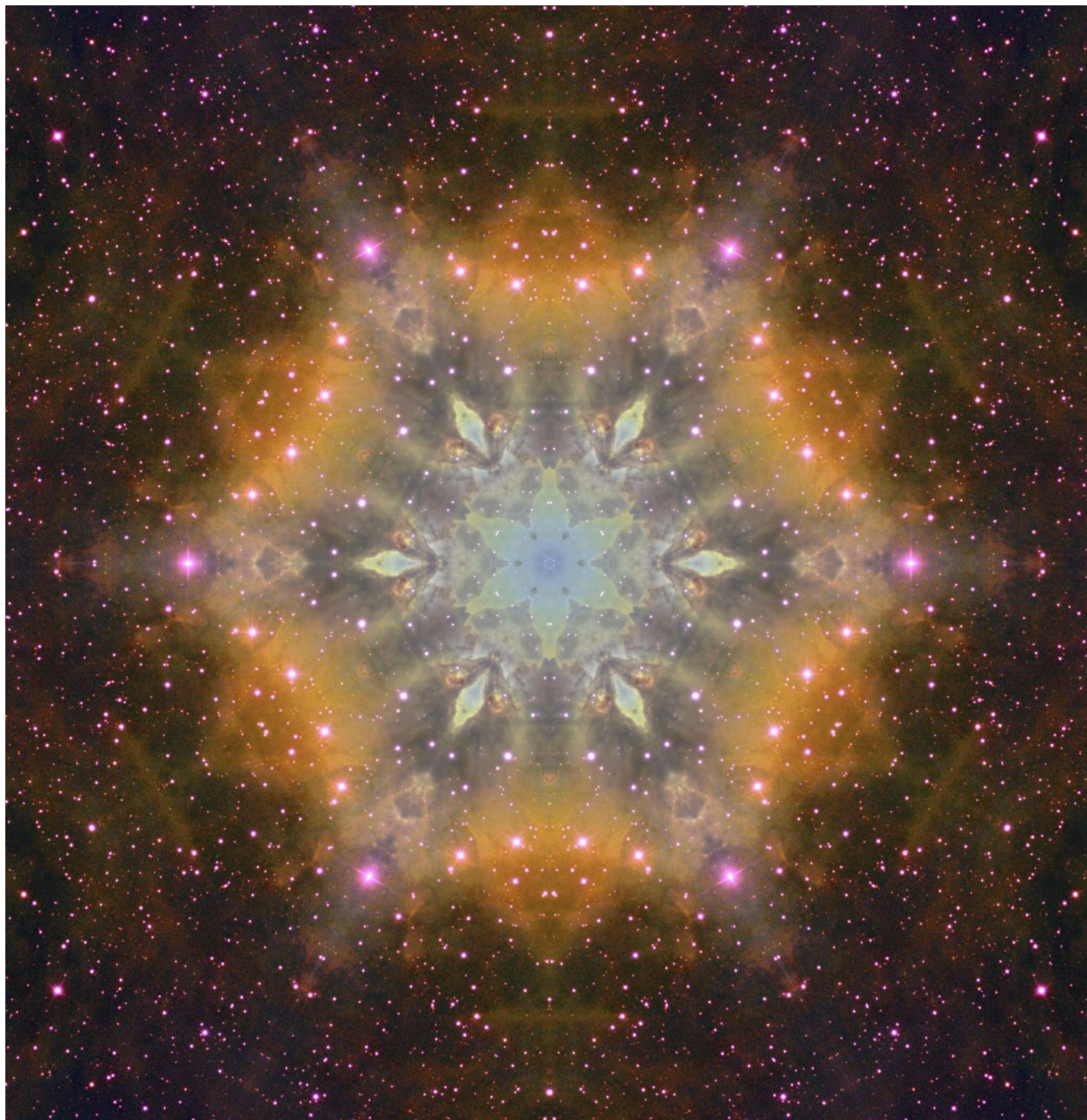
*Sunset is a time to rejoice,
We can see that we are growing,
Just as the flowers and trees grow to reach for the sky,
So also do our spirits grow to reach our fullest potential,
Everyday goes by we realize we are coming closer to our awakening,
When our spirit comes closer to our true meaning,
The meaning of our life,
To become one with the Creator,
By realizing the self everywhere,
In all the flowers and the trees,
Just as they reach upwards we also reach upwards,
To our highest consciousness,
Every sunset we are one step closer to our union with our cause,
To realize that we are the cause of every tree every flower,
We see that we are the Creator growing into every expression of being.*



*We are one complete family all of us in the universe,
As we grow to become what we are meant to be,
We can see that everyone of us have a common goal,
To find the peace and joy in our hearts,
As we realize our contentment,
We can go out into the world and help those less fortunate then ourselves,
Being the complete family that we are locally we can start at home here on Earth,
This way we can perfect ourselves here,
One day we can spread this community of love and sharing outward,
Into our universal community which awaits us to reach this point,
Of our evolution then we can learn from our cosmic family.*



*Everywhere is the universal self,
Every being is the self,
On its own journey to be it's fullest potential,
In each life is a waking God,
Which is asleep in the center of all beings,
The goal of life is to be realized as to who the individual is,
A living God in the material body.*



*In the absolute of being,
We realize we are the creation,
Which permeates the material manifestation we call the multi-verse,
This multi-verse is the completeness of all life in all aspects of being,
The multi-verse is a living entity just as the individual planets and stars are living beings,
Living beings are of an infinite variety,
Through infinite form and viewpoint the universal consciousness can best learn,
Universal consciousness is the Spirit of all life throughout the multi-verse,
Which is the cause of life everywhere throughout the collective continuum.*



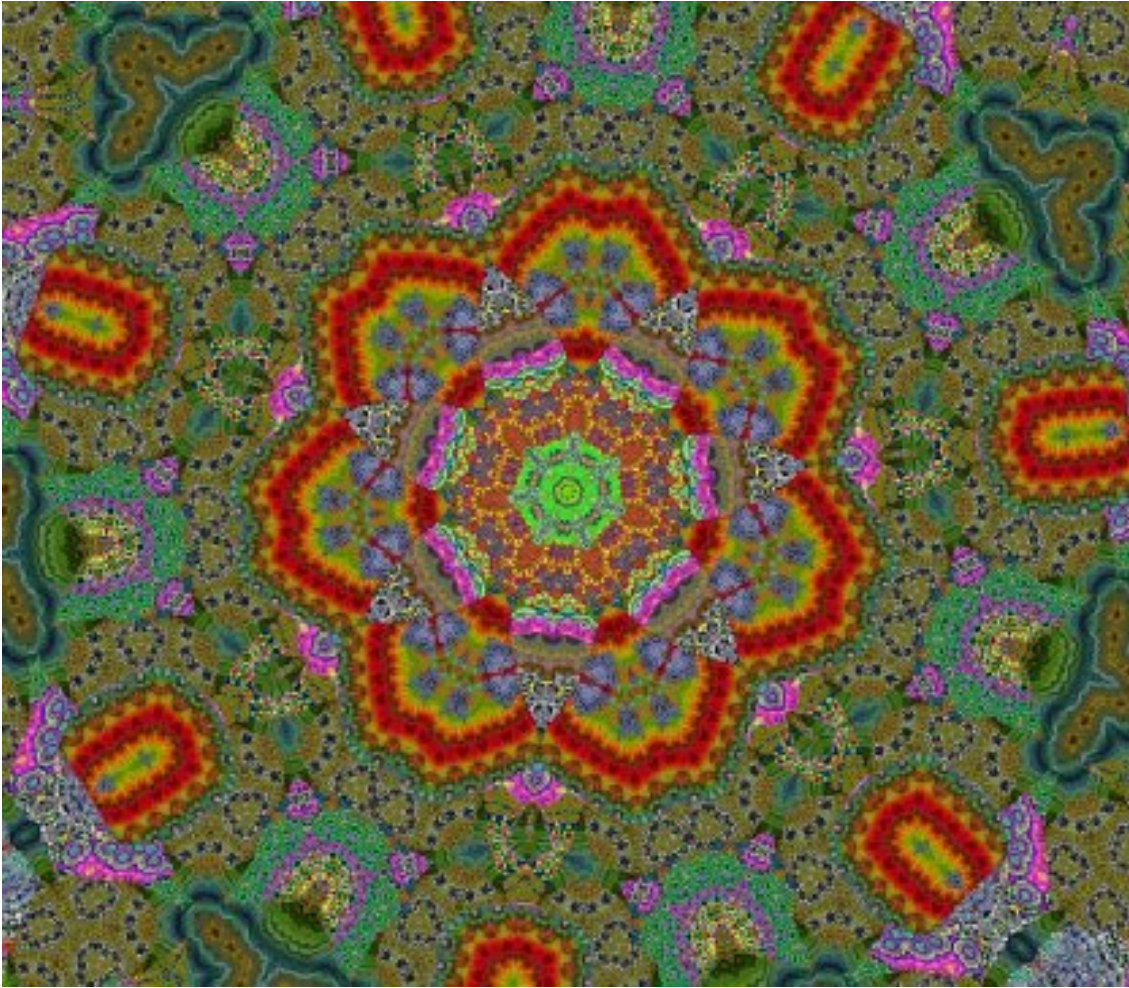
*The children of life are full of joy and bliss,
They see all the happiness that encompasses the universe,
The adults are so full of needs and wants they forget to be a child,
We adults have to watch the children at play and embrace their carelessness,
In their infinite moments of blissful play they forget the self,
In the moments of joyful play they realize the absolute happiness that is being all,
All being an expression of the joy everywhere,
We have to remember when we were children and we were so carefree,
When we could see the great beauty and awe in all moments of our endless day,
Every experience completely new and unique and filled with wonder,
As adults we have forgotten these aspects of life we are bound to needs and musts,
Our schedules and requirements bind us to a reality that is void of pure joy,
We forget to see every moment with the eyes of a child seeing all as a new experience,
We leave our lives in distress and sadness because our spirit was forgotten,
And replaced with the illusion of being an adult,
But spirit is our inner child wanting to play and experience the miracle of life.*



*Water falls from the sky as rain,
The nourishing spring bubbles out of the earth,
Vastness and expansive the ocean surrounds us,
A single snowflake becomes the icecaps,
The combination of ice cold sea water and the saltiness of the ocean create our weather,
With out the combination of a single atom of hydrogen and two atoms of oxygen,
We could never exist,
All life dependent on this union,
The blood of life on our planet,
The unifying force,
Which creates this great family,
We know as Mother Earth,
Oh! Glorious water, giver of life.*



*Plant a fruit tree,
Give shelter to all with shade in the heat of summer,
Heal the earth's biosphere by absorbing carbon dioxide,
Replenish the ozone layer with the tree's exhalation of oxygen,
Beautify a space in the city,
Invite birds to make nests and raise their young,
Bring song to your sunrise and sunset,
Give food to all who pass by or to those who sit beneath her branches,
Make this tree a space to sit and meditate and give praises,
Every piece of fruit hanging above us has seeds,
These seeds are a future tree grove,
Just as when we sit and meditate we cultivate seeds,
One day these seeds will grow into our enlightenment,
So as we sit and meditate and give praises to this great tree,
We can visualize many more trees with people sitting beneath them meditating,
And cultivating future groves of the enlightenment of humanity.*



*Find a space away from the hustle and bustle of the world,
And get into a comfortable position,
It could be sitting in a chair or on a cushion, now try to clear your mind,
Try to visualize a place you have been like a garden or a space next to a river,
Imagine that you are sitting there in that special place that made you feel so calm,
Visualize your self in this place smelling the scent of flowers in the air,
Hear the buzzing of busy bees collecting nectar from the flowers all around you,
Feel how peaceful you are,
Let your body relax ever more,
Just sink into the feeling of a great calming of all tension in your body and mind,
Now say to yourself "I am at one with all there is",
Repeat this mantra and let it take you to a great feeling of inner joy,
Remember that this state of being can be your special magical space,
See this little act of relaxing and letting go of the outside world,
As your own meditation to bring healing and refreshment when ever you want.*



*When we look out into the world we see so much urgency in the faces all around us,
Everyone is so busy trying to make our lives work,
But it seems the more we try the greater the struggle,
We are all in this situation,
No matter who we are we all have to overcome the stresses of life,
But this is not just the human's world that is in a state of struggling,
If we were a bird we would be so very busy too,
Trying to keep food in our chick's hungry mouths,
Or if we were a worm on the ground,
We would be busy trying to not be food for the bird,
We could be a bee working so very hard trying to get food for our queen,
Our queen would be busy struggling to keep up with the demands of being a mother,
The world we live in is filled with the struggle of the management of life,
But as the sun sets we can relax and feel at peace once again,
Unless we are a bat which is just awakening to start her day chasing mosquitoes.
Everyone is so busy but when we lay down to sleep we can find our bliss and joy.*



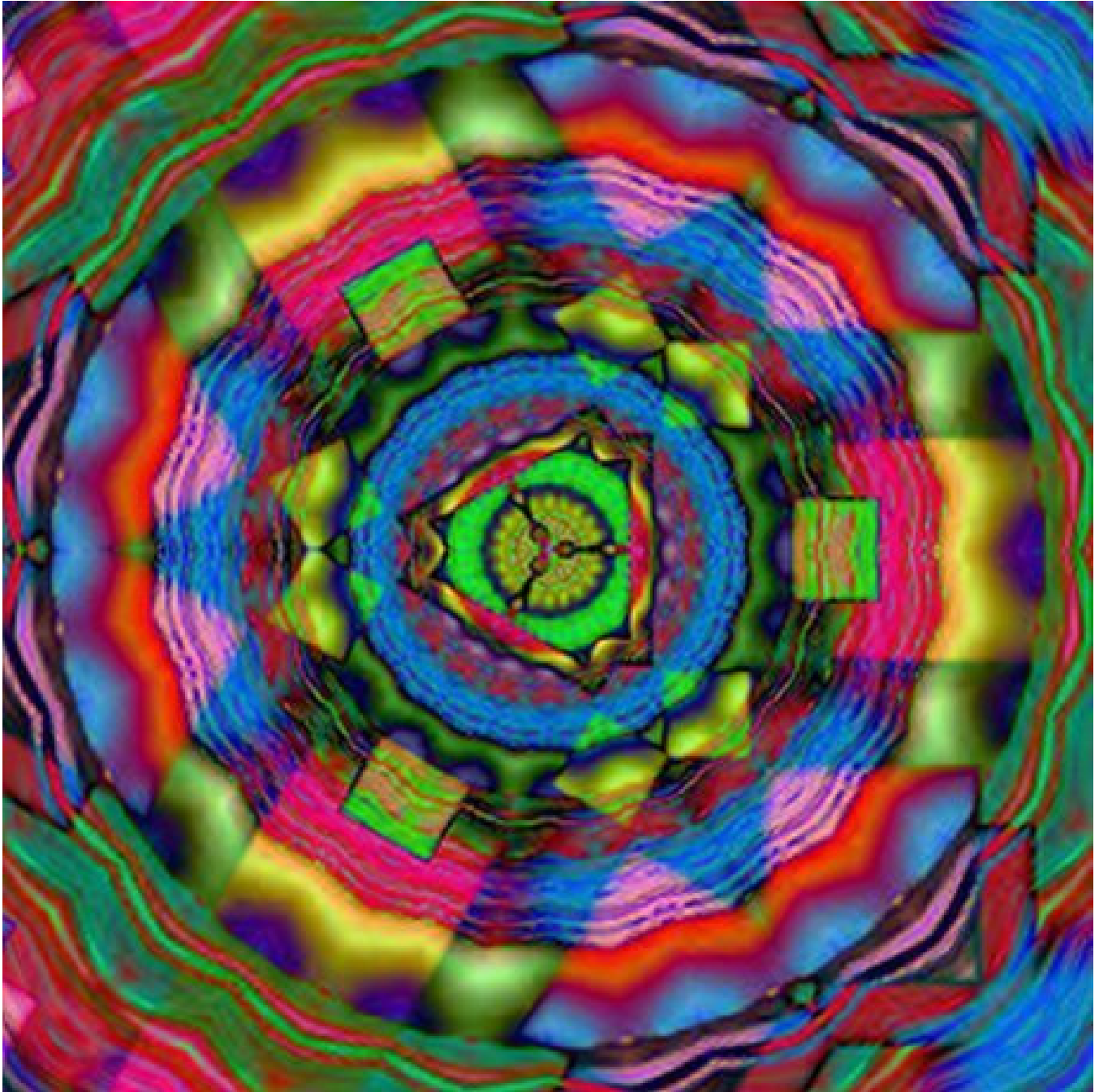
*When we see someone who is suffering,
We realize that life is not always fair,
This is an opportunity for us to be who we truly are,
We all have a great capacity to have unconditional love,
Even to that person we see suffering,
It could be a homeless person holding a sign,
We have to use our unconditional love and share it with that person,
Even if it is a smile or a coin,
We can see a shine come to their sad face and in our hearts we can feel lighter
This is why we are here to bring joy and peace to the ones who are suffering.*



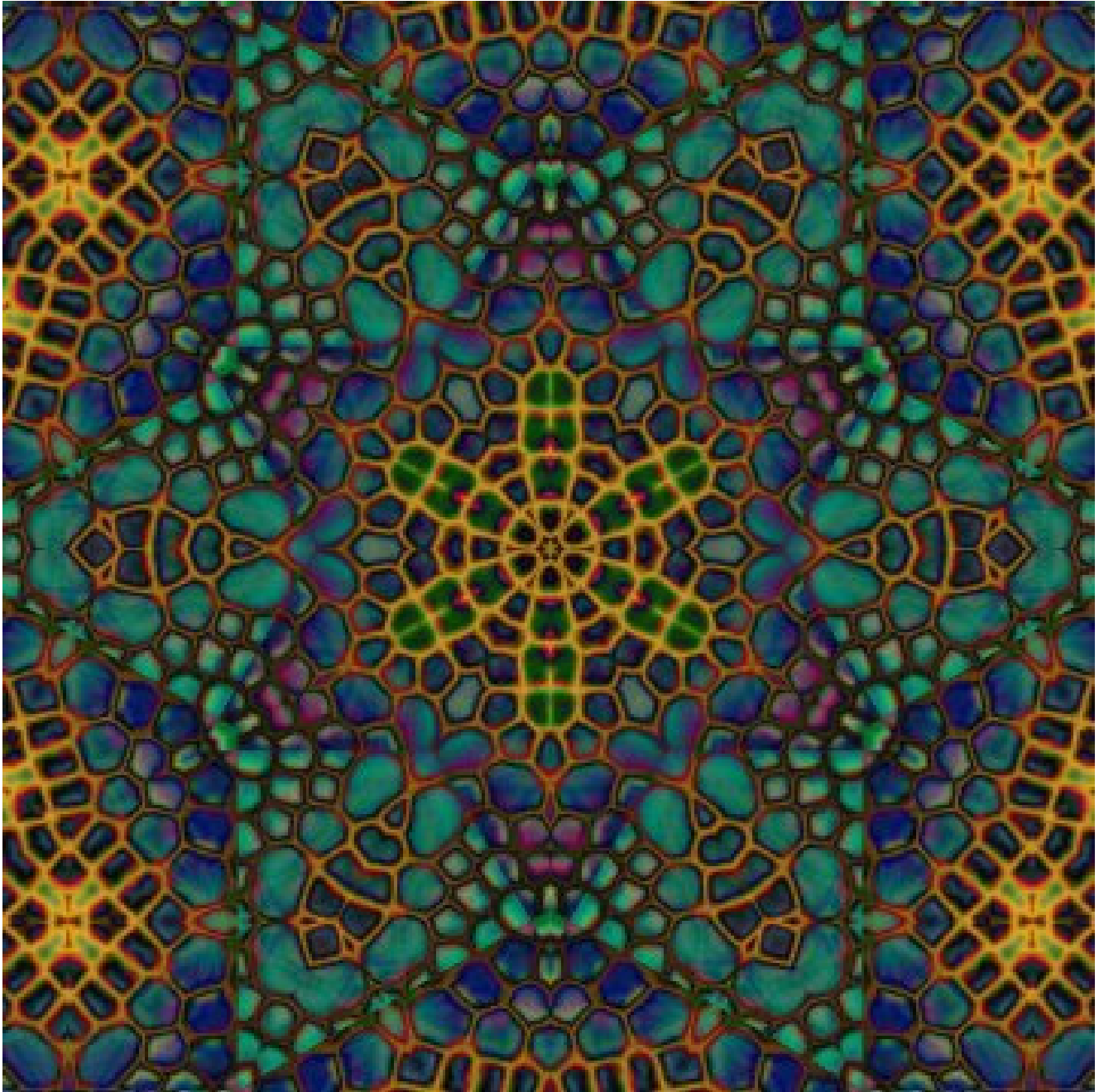
*Every one is my self,
All people are trying so very hard to do their best,
We have to realize this basic fact,
Some of us are still striving to make our lives work,
We have to have patience and show we care,
We have to show each other love and guidance,
When we see "others" around us we have to see "them" as "our self",
In this way of seeing we can have understanding and compassion,
This will help us to give more of our self to them in the way we help each other,
Along this journey of life we all are part of,
Everyone is myself,
Everyone is you.*



*When some one asks us for help,
It is our duty to help,
No matter who it is,
Remember everyone is you,
We owe our self any help we can give,
Even if we just have one dollar we can give half of it,
Some day we may find our self on the receiving end,
In need of help and kindness,
It will be nice to know that we won't walk away in need after asking for help,
We are all a family,
Our relation is that we all have Spirit residing in our hearts,
This Spirit is The Lord seeing how you respond to an asking for help from your self.*



*The play of three is the cause of everything,
The sun, the earth, the moon,
Water, light, soil,
Mother, father, love,
Spirit, matter, intent,
Inspiration, contemplation, manifestation,
Sharing, togetherness, community
Existence, Consciousness, Bliss.*



*Our brothers and sisters of the universal family are here to help us,
We are not alone in our struggle against the negative energy that robs all life,
As we open our minds and our hearts to others around us,
We realize that we are being watched and how we interact with all life,
Will be a great determining factor as to how much help we will receive,
We are all at the cusp of a great change in our spiritual and physical evolution,
We have to realize that the old ways of conquer and divide are coming to pass,
We have to meditate and focus our minds and our intent on seeing a positive outcome.*

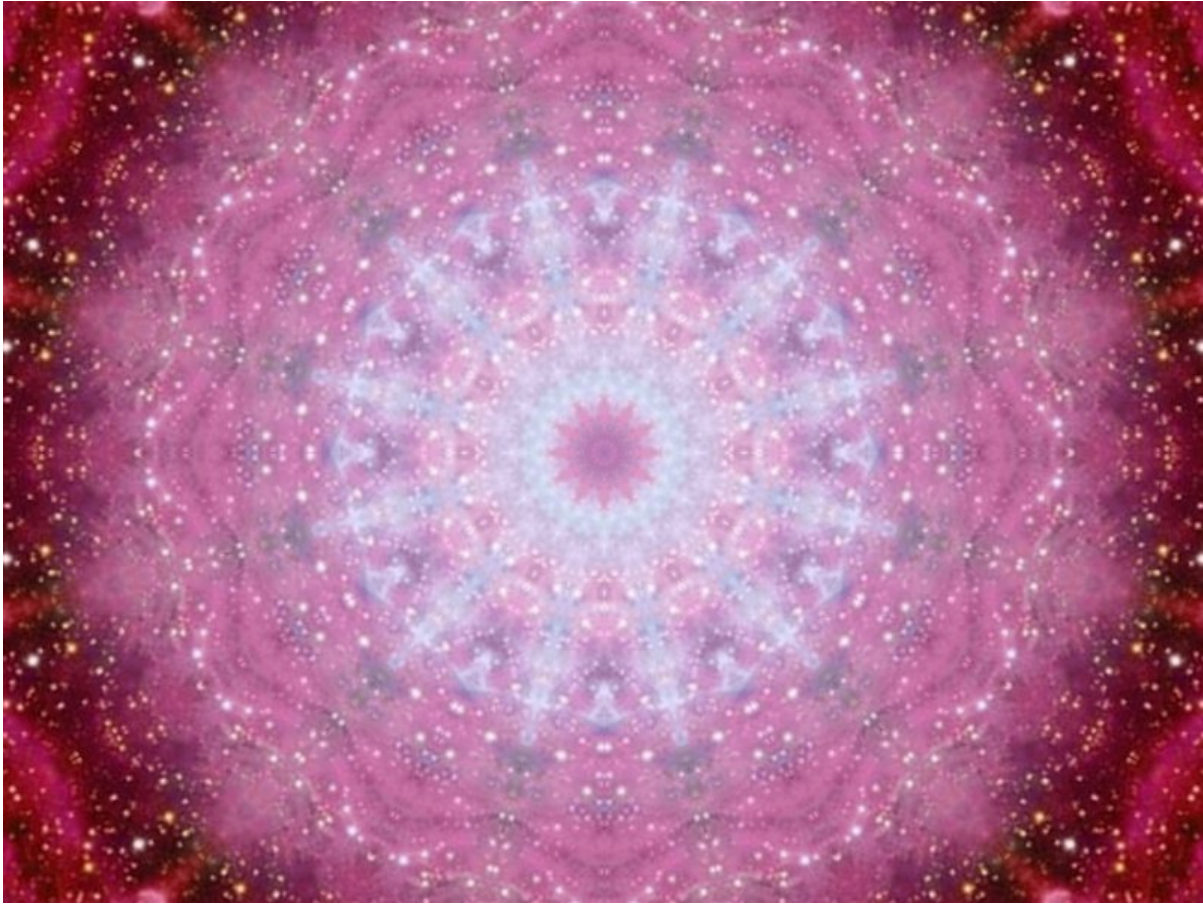


*Learn to accept that we are in the middle of a vast ocean of life,
In the past we have been told that we are alone,
But the only loneliness was our ignorance to the fact that we are part of a family,
This family is all the nations in the universe all the different races of beings,
Just as there are nations of cultures here on our planet
There are nations of beings also everywhere in the universe
All these beings are part of the great creative spiritual source we know as God
We are all part of this creation we are separate in species and nations,
But our source is our unifying aspect of being we are God manifested as the trillions,
We are all part of the creation we are not separate we are a universal nation,
As we become more aware we can see the coming together of all nations,
Our human society are about to realize the Universal Community we all are part of.*



*Everything in the universe is a living thinking and conscious being,
All the different expressions of life are all together the answer of what am I,
I am the tiniest particle and at the same time I am the most immense object,
I am all the life on all the countless worlds throughout the universe,
I am the universe, yet I feel I could be much more I am the multi-verse,
I am all possible forms and experiences,
Who am I ?*

*I am all life all expressions of the source manifest into infinite expressions of being,
I am the trees and the rain,
I am the oceans, all the water, and all the elements, which make life possible everywhere,
Some may say I am god but I am also those who think I could be something else,
What is my name?
My name is all words, all concepts, all ideas, all feelings, all possibilities, and all beings,
What is my purpose, could it be to just be,
Life?*



*The universe is a very ancient being full of wisdom beyond comprehension,
In our tiny existence we fail to realize that we can affect the consciousness of all,
But we are part of this vastness and size is not a determining factor as to if we can,
Change the overall consciousness of the whole,
Our every thought and intention has a great effect on the whole universe,
We are part of it and so we are it,
We have to be mindful of all that we think and do,
How we act in this great experience will affect the universe for it's entire life,
Just as what we say and do around young children effects them for their entire life,
We have to be vigilant in being mindful of all that we do in this life we live,
We also affect our future incarnations and the incarnations of all life forms,
We all hold a great responsibility to all who are our universal family,
We are all the parents of the cosmos and we have to be loving and compassionate to all,
So intern we may receive the same blessings we extend to all our relatives.*



*Every being everywhere is only a casing that holds a spirit,
All beings are not just a being not just an animal or a fleshy body or a plant,
All insects, all fish, all the whales or dolphins, all the creatures everywhere here on earth,
All beings through out the universe are of one origin,
We are all one "thing",
We are all one consciousness,
All one spirit,
All being one and one being all,*



*Meditation is as essential as breathing,
When we listen to our inner self we can recharge our spiritual battery,
Meditation is like placing on armor to help us get through our day,
When we sit and reflect on the single thought or mantra we are taken to our source,
At this point we can receive our greatest and most useful energy,
Which is our life force,
We go to our source and receive our life force, all healing and all inspiration,
We are charged up with this energy to interact better with compassion and love,
At the end of our day we can go back to our source and let go of the outside world,
In this sacred space we can release all the stresses of life and just be at peace,
Then we can go into sleep with a clear mind and heart and truly find rest,
This practice everyday will transform our lives so that we can cause great change,
This change will affect not only our own lives,
But also those lives everywhere in the universe,
We can change our world on a universal level through meditation.*



*Recycle everything,
See that all things were extracted from the natural world,
There are only so many sources available as our population grows,
We can reuse everything we consume and use,
Just as the tree recycles its leaves it shed the fall previous to make new leaves in spring,
So also we can take the containers we have and make them into new ones,
Remember that there is no such thing as trash everything can be remade from the old,
Recycling is the natural process that even the universe uses to make new stars,
Black holes are the great cosmic recyclers recycling matter and making new galaxies,
So look around and see that everything was once something else,
Even your body was once the food you ate.*



*Sometimes we are met with opposition in our lives,
This is an opportunity to practice tolerance and acceptance of diversity,
We are all from the one light but we are also in separate bodies with different ideas,
This is where we find that some of us may see reality in a different way,
Which is fine and this is a time when we can learn a new way of seeing,
A lot of the opposition in life is just ego wanting to make its stand and have control,
We as a living spirit we must not allow ego to insist that its ideas are the only ones,
As spirits in a body with an ego that can be like a child we need to teach it tolerance,
We need acceptance and know that we are all right.*



*We are already perfect but we must realize it first by being mindful,
We need to try to be mindful and practice loving kindness,
Especially with those who test us in our lives,
We need to remember that no matter what the situation we are all learning,
Some of us need more time and find it hard to move upwards toward consciousness,
This is a time to be extra kind and forgiving remembering that we all have been there,
We have all had to start in a state of complete ignorance and with love and patience,
We slowly found our way to our current state of awareness,
So everyone is growing to reach a state of perfection and together we can lend a hand,
We can pour our love and patience to those who are still in the darkness of ignorance,
Eventually we will all be together in the final state of bliss when we see all as perfect,
When we realize who we all are, one complete consciousness.*

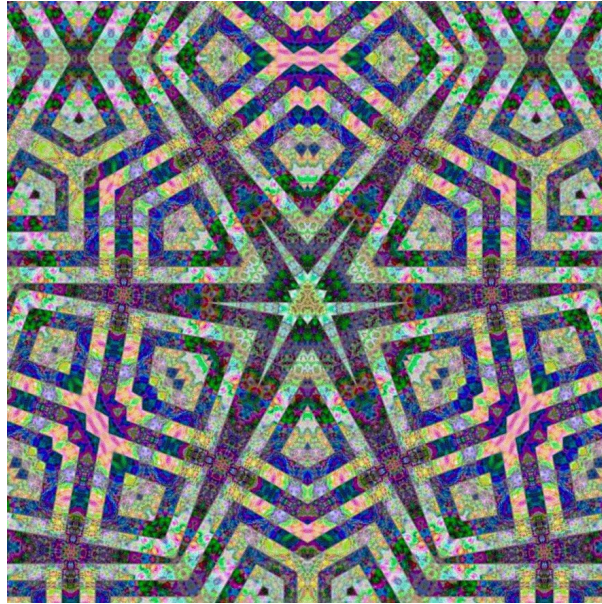


What is a soul?

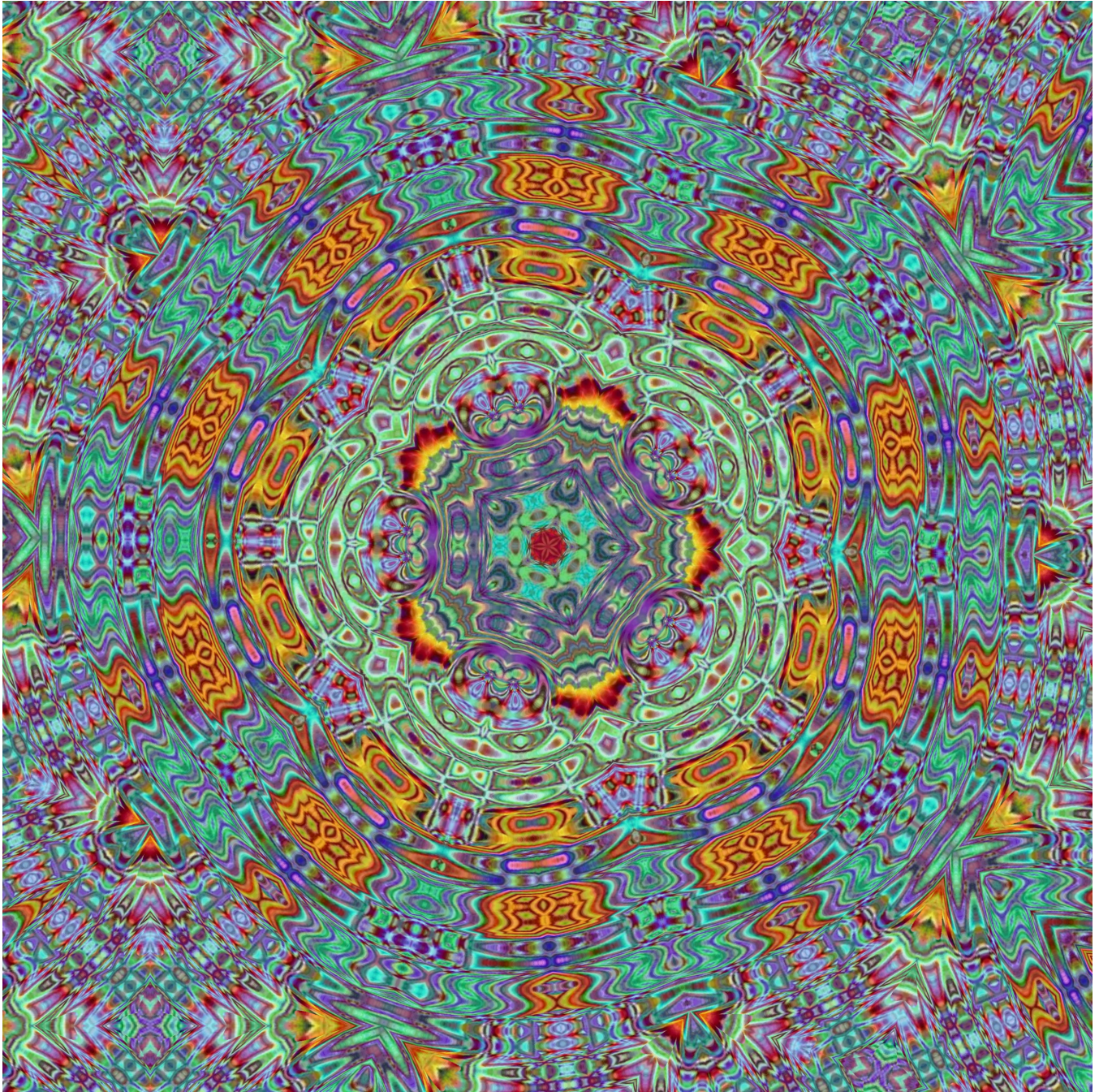
*A soul is a section of God manifested as a living being on the material plane,
We are all the energy/consciousness we know as God/Goddess,
Our goal for being in these bodies is to realize who we all are,
A soul a section of the divine,
A unique perspective of reality in the infinite,
A soul is a tiny light,
Which is the infinitely immense light of the Lord,
We all are together this infinitely immense light,
All as one,
One as all,
To realize self as all is to realize self as God/Goddess.*



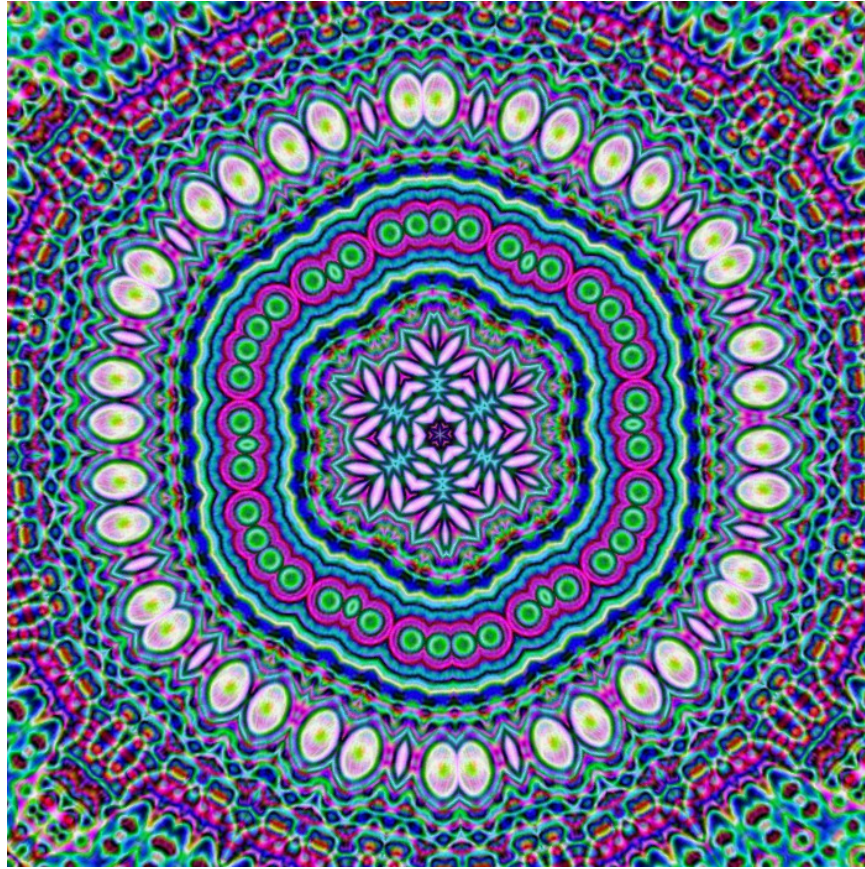
*This experience called life,
I am overwhelmed with strong emotion to the core of this being I find I am,
This journey of life there are moments,
When we can just stop and reflect on life in this very moment,
Why is there some strange familiarity to it all,
Have I been here before doing and thinking this way yet I cant just place it
If I have been here before then what am I here for,
Why are we all here in this life,
What is the goal of life,
Why do we keep finding our self at this moment of thought but as a different person?*



*Giving grace for our meals is the way we give thanks for our lives each time we eat,
First we visualize the root chakra at the base of our spine we give thanks,
We inhale and visualize our energy moving up to the second chakra,
The water chakra, reproductive organs, kidneys cleansing our body, we give thanks,
Then we inhale and visualize our energy moving up to our third chakra,
Our fire chakra which is where our food is turned into our life sustaining blood,
We give thanks,
We again inhale and visualize the energy moving upwards to the heart chakra,
This is our center where air and blood are mixed and pumped to and fro,
We give thanks,
Breathe in visualize the energy move upwards to the throat chakra,
Here in this space the sounds tastes and smells are experienced, we give thanks,
We breathe in and visualize the energy moving upwards to our third eye,
This is the space where we get insight and intuition again we give thanks to this chakra,
We inhale and visualize the energy moving upwards to the crown chakra,
In this chakra we are complete we have the intellect and the mind,
Which will bring us before the lord when we learn to train them both to serve us,
We give thanks,
We inhale and visualize the energy move out of the body and higher yet to the eighth,
In this chakra just above body consciousness is the great mother/father spirit,
Which is our cause and the cause of all there is so we give thanks,
Now our food has been blessed and it will give us life and joy.*



*Peace,
Love,
Light,
Positive and happy outlook in all situations,
Good health of mind, body and spirit,
All one in Om.*



Some of the artwork used in this book was made using Paint Shop Pro. Some of the pieces are of photographs of space and they have been manipulated and transformed into mandalas using the software mentioned above they also have been manipulated using Photoshop 6. Some are drawn by hand. But most of the designs are original work that has been made over the past eight years by me and I have all the originals on file at home. There is a copyright for all these designs, which is held by me the artist, if you have any inquiries please contact me.

I truly hope you have enjoyed the artwork and poetry in this book and hope it has planted seeds of reflection and inspiration.

Peace and Love,

Premana'th

List of Mantras

Om,

Om Nama Shiva Ya,

Om Mani Padme Hum,

Om I Am Everything Everywhere Everyone Om,

Baba Nam Kevalam,

I Am The Infinite Expression Of Love,

I Am Love

I Am That I Am

Om

Mantras are known as power words, or incantations because they help us put the restless mind into a calmed and focused state and allow the true self to be noticed (anyone can create their own just find something that inspires a greater sense of being for instance "I am love"), it is not as if we are trying to call something into being no enlightenment just is, but we have to take notice of it, but it is because of the restless mind that we don't take notice and as soon as we feel something the mind races awake again saying what is this feeling I have never felt anything like this, then suddenly we have lost it but "it"(our goal) is not lost "it" is out of focus is all that is lost we have to focus on nothing at all and we have to become familiar with the feeling of nothing or one pointed-ness of mind(like being completely focused on our mantra), this is when we will begin to feel it and when we learn to ignore its arising then and only then does it reveal it's self (your true self) to your consciousness once we do this, we go through a type of journey, through layers of experience each one is different then at the end there is a great peace absolute stillness an experience of utter contentment and joy a feeling of great completeness. This I believe is the goal of life, to join it, the experience of completeness. I believe that this is what all Eastern teachings teach as being the very goal of life or any of the other terms it has been given, but we are all here for that experience then we can claim to be awake. Now in our wakefulness we have to teach this to all who will listen.

*This
is
the
purpose
for
this
book,
Peace,
Love,
Light,
Om
Om
Om*

Premana'th (Pascal Wilson)

